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Indigenous art that pops

Neon NDN exhibit in Ottawa challenging all the stereotypes

metroNEWS

Jocelyn Piirainen is tackling popular culture through his work.
HALEY RITCHIE/METRO

Mobile market on the move

OVERBROOK

Fresh foods bringing communities together

Michelle Nash Baker
Metroland Media

Fresh produce is making a weekly stop in Overbrook — and the residents are really starting to get a taste for it.

The neighbourhood, long described by its residents and local advocacy groups as a "food desert", has been given the gift of a mobile market, which since May has been making a stop every Wednesday in the community to offer fresh goods at an incredibly reasonable rate.

Volunteers staff the market, making sure the produce is always fresh and available for residents who, in anticipation of the weekly store, can be lined up or rushing in once the market rolls into the community.

"The program is filling a gap of fresh foods in communities," said volunteer Jason Askew.

Project officer Isabel Williams said the program aims to stop in communities that have a higher need for fresh, affordable produce and dry goods.

A trailer fitted with grocery shelves, the market offers a number of different types of produce — which is picked based on popularity at the individual markets.

Celebrating its third year, the market added Overbrook as a stop in May. The community can benefit from this fresh food stop every other week, from 1 p.m. to 2:30 p.m. with the next scheduled stop on Aug. 17 at 1030 Du Pere Charlebois Ave.

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metro NEWS
Your essential daily news
SpaceX is developing a "ride sharing" program, to provide ways to launch small satellites

Ten-year-old Charlie Lowthian-Rickert shares her story on pathtopride.ca. The United Way Ottawa and Ottawa Capital Pride launched the Path to Pride initiative in an effort to contribute to an open and inclusive Ottawa.
MICHELLE NASH/METROLAND MEDIA

The many paths that lead to pride

COMMUNITY

New initiative encourages LGBTQ support and celebration

Michelle Nash Baker
Metroland Media

At four years old, Charlie Lowthian-Rickert knew exactly who she wanted to be.

And to make that happen, the first step was to ask for some Barbie dolls and pretty dresses.

And most importantly, for her parents to never cut her hair again.

"I want people to not care what was in my underwear, but how I felt in my heart," Charlie said.

Charlie was not born a girl, but identifies as one. She said it's how she has always felt.

"My parents listened, and as you can see, they never cut my hair again," Charlie said.

The now 10-year-old added she is grateful her parents and family have offered nothing but unconditional love.

"You have to listen to your kids," said Charlie's mom, Anne Lowthian.

Lowthian and her husband, Chris Rickert, admitted they were not prepared to have their four-year-old son come to them and say he wanted to be referred to as "she," but ultimately Lowthian and Rickert said they just wanted to see their child happy.

"I didn't know what to think," Lowthian said. "It was my first experience with anything outside the traditional 'boy-girl' we understood. But at the end of the day, it's amazing what you can learn from your kids."

Charlie's story is part of a community initiative called Path to Pride.

Funded by the United Way Ottawa and Ottawa's Capital Pride, the initiative was launched on Aug. 8 and aims to share stories from Ottawa's LGBTQ+ community, as well as raise funds to support kids, families and seniors on their journeys.

Community members are also invited to share their own personal journeys to pride, using the hashtag #PathtoPride.

> **Pride as a platform represents education, positivity and openness and Charlie represents all those things.**
> Tammy Dopson of Capital Pride

Over the past five years, the United Way has invested more than $400,000 in LGBTQ+ programs, including the Ten Oaks Project, Family Services Ottawa and the Ottawa Senior Pride Network, to address challenges including discrimination (homophobia and transphobia) and bullying, a need for accessible counselling and support and a desire for more inclusive social and health-care spaces.

Carol Gagnon, vice-president of resource development at the United Way Ottawa, said Path to Pride offers support in a different kind of way.

A proud lesbian, Gagnon said the first form of acceptance is self-acceptance and said her own path to pride has not been an easy one.

"Everyone's journey is different, and the people of Ottawa should support the LGBTQ+ community every step of the way," she said.

Gagnon said that aside from Charlie's there are many stories already available to learn from at pathtopride.ca. Donations are accepted on the website, in an effort to continue to support programs for the LGBTQ+ community.

"It's not something you choose," Charlie said to a large crowd — all there to support her and her path.

"I listened to my feelings," she said. "My inner voice told me I was a girl."

Grand marshal

Charlie, a Stittsville resident, said she is honoured and excited to spend a week in downtown Ottawa representing the LGBTQ+ community as this year's Ottawa Capital Pride grand marshal.

Gushing, the 10-year-old said she was trying to downplay how excited she was about being asked to be the grand marshal, but added she is overwhelmed with emotion by what it means to represent her community.

"This is amazing, it's such an honour," she said. "Most people are so much older and this means so much."

This will be the first time the Pride parade's grand marshal will be a child.

Tammy Dopson of Capital Pride said asking Charlie to be the marshal was the easiest decision Capital Pride's board ever made.

"It just made sense," Dopson said. "Pride as a platform represents education, positivity and openness and Charlie represents all those things."

Dopson said it's amazing a 10-year-old can tell her story and not be afraid, and hopes that with Charlie at the helm of the parade, others will be more inclined to feel and do the same.

Ottawa's Capital Pride begins on Aug. 15 and runs until Aug. 21, with the parade at 1 p.m.

The full list of the week's events is available at ottawacapitalpride.ca.

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Michael Lecuyer was 18 when the Heron Road Bridge he was helping to build collapsed on Aug. 10, 1966. He revisited the site Wednesday to honour the nine workers killed. EMMA JACKSON/METRO

Bridge renamed to remember disaster

HERON ROAD

Nine workers died, more than 60 injured in collapse

Emma Jackson
Metro | Ottawa

It was "just luck" that Michael Lecuyer wasn't killed when the Heron Road bridge collapsed under its own weight 50 years ago this week.

"In an instant, it was down," said Lecuyer, now 68. "You didn't have a chance to do anything: scream, breathe, anything."

He was 18 years old on Aug. 10, 1966, his second day on the job, when the southwestern span collapsed as crews poured the concrete bridge deck.

Like most of his colleagues, he fell 20 metres, alongside tonnes of rebar, lumber and wet cement.

He was buried up to his chest in thick, heavy concrete — and it just kept raining down.

"If you've ever played football and had six guys jump on top of you, it was 10 times worse than that," said Lecuyer, who was emotional recalling the traumatic day.

"I didn't think it was ever going to stop."

Sheer panic helped him escape, surviving with only minor cuts, bruises and what would become long-term damage to his back. Nine workers died and more than 60 were injured in the disaster, the worst in Ottawa's history.

On Wednesday, politicians, advocates, survivors and family members gathered at the bridge to officially rename the span the Heron Road Workers' Memorial Bridge in honour of the anniversary.

Gilles La Madeleine laid a rose at the commemorative plaque in memory of his father, Omer La Madeleine, who was killed while working as a carpenter that day.

La Madeleine was 21 that day, and heard news of the disaster on the radio. He rushed to the site in search of his father.

"It was a really bad day. It was awful. You have to live it to know what it is," he said.

Ottawa and District Labour Council president Sean McKenny welcomed the commemorative renaming.

"Our community and its residents must never, ever entirely forget that day," he said.

ACCIDENT

A new crowdsourcing page is raising funds for the family of an Ottawa man who died after falling into a cement mixer in the city's east end this week.

Jacques Lambert, a husband and father of two, was pronounced dead on the scene after sustaining injuries from the cement truck on Monday.

A Go Fund Me page is seeking to raise at least $10,000 to cover Lambert's funeral costs and support his children.

It can be found by searching "Jacques Lambert" on the Go Fund Me website.

ST. FRANCIS XAVIER

Addition coming to Catholic high school

A new $6.9-million addition will be built at St. Francis Xavier Catholic High School in Riverside South over the next year to address booming student enrolment.

The 30-classroom addition is the needed next step before Ottawa Catholic School Board officials set their sights on constructing a second high school in the growing south Ottawa suburb.

"We have big numbers," said Fred Chrystal, the board's superintendent of facilities and planning.

Any day now construction is expected to begin on the three-storey addition at the northeast side of the current three-storey high school, located at 3740 Spratt Rd. It's expected to be open and ready for September 2017. Plans to construct the addition are moving quickly.

The attached addition will feature about 3,950 square metres of space and will include science, art and multi-purpose classrooms.

The plans also call a landscaped courtyard, 77 new parking spaces for a total of 282 spots, and 90 additional bicycle parking spots for a grand total of 135.

The school board is projecting to see 1,826 students enrol this September in grades seven to 12.

That's up 139 over last year, when 1,687 students were enrolled, most of them in grades nine to 12. To accommodate the boom, six portables will be moved in for this September, bringing the total to 32 portables.

Some of those will be removed after the new addition opens and after the enrolment numbers will be known for that academic year, said Crystal. The student population at St. FX is projected to grow up to 2,040 students by the year 2020.

That means it will be 121 per cent full even with the new addition, Chrystal said, but added that doesn't mean every classroom will be full every period of the day. However, without an addition St. FX would be overflowing at 161 per cent.

"It is full and as it continues like that at some point we will be looking to build another high school in the area," said Chrystal, but noted that even with a growing student body, Riverside South's population hasn't grown as fast as board officials anticipated in comparison to Barrhaven. Plans for the construction of the second Catholic high school don't yet include a finalized timeline.

ERIN MCCRACKEN/METROLAND MEDIA

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Horror hits close to home

MOVIES

City to make Netflix debut this fall with spooky thriller

Lucy Scholey
Metro | Ottawa

A new film coming to Netflix this fall might look eerily familiar to horror-flick fans in Eastern Ontario.

I Am the Pretty Thing That Lives in the House will be the first Ottawa-made movie to air on Netflix.

"It's a real step up the ladder for us in Ottawa," said producer Robert Menzies of Zed Filmworks, which partnered with Paris Film Inc. and Go Insane Films. "It's not only a prestige thing but it's a sign of the times."

Golden Globe Award-winner Ruth Wilson (The Affair) plays a nurse who comes to the country home of an aging ghost novelist who has decided to live her last days there.

Actress Ruth Wilson stars in I Am the Pretty Thing That Lives in the House. COURTESY ZED FILMWORKS

It's not a slasher flick but more of a "slow-burn thriller," explained Menzies.

"It's sort of a throwback to a classic Stephen King. It's ultimately a ghost film, but it's not blood-and-guts horror," he said on the phone from Los Angeles.

> **It's a real step up the ladder for us in Ottawa.**
> Robert Menzies

It is director Osgood Perkins' successor to The Blackcoat's Daughter (previously entitled February), which debuted at the Toronto International Film Festival (TIFF) last year. The son of Anthony Perkins, a.k.a. Norman Bates, is carving out his own name in the indie horror movie scene.

I Am the Pretty Thing That Lives in the House was entirely filmed in Eastern Ontario. A warehouse off Innes Road and St-Laurent Boulevard served as the studio for most of the interior shots. The outside visuals were filmed in Morrisburg, Ont. It took some searching before Perkins found the perfect 1800s New England spooky home.

"We literally searched thousands of houses. Everywhere from Smiths Falls, all the way to Hawkesbury, right down to Morrisburg," said Menzies.

I Am the Pretty Thing That Lives in the House is also the third movie Zed Filmworks is sending to TIFF, after The Blackcoat's Daughter and post-apocalyptic flick The Day.

These upcoming TIFF and Netflix debuts mark a prestigious double-whammy — especially for an Ottawa film company.

"Ottawa is really starting to put itself on the map as a filming location," said Menzies.

GATINEAU

Police seek out creepy clown duo

Gatineau Police are investigating after two men dressed as frightening clowns were reported to be chasing kids out of Limbour Park in old Gatineau.

Caroline Saint-Pierre posted images of the men on Facebook, noting they had scared her daughter and her friends out of the park around 2:40 p.m. on Tuesday.

In photos, one of the men is wearing jeans, a red shirt, a clown mask and carrying a long chain.

Saint-Pierre's message had close to 400 shares by concerned parents by Wednesday morning.

HALEY RITCHIE/METRO

One of the suspects. FACEBOOK

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CULTURE

Neon NDN exhibit shines a light on indigenous pop art

Haley Ritchie
Metro | Ottawa

Chiefs on skateboards and Louis Vuitton print on an arrow quiver — Jocelyn Piirainen's art exhibition Neon NDN wants to challenge all your stereotypes about pop culture and indigenous artists.

"Indigenous art isn't just one style. I hope this broadens people's ideas of what indigenous art is and what it can be. I hope it's inspiring as well to other emerging artists," said Piirainen, the young Ottawa curator who is organizing the show as part of the Asinabka Arts and Film Festival.

"Pop art comes from popular culture," explains Piirainen, who is originally from Nunavut and moved from Cambridge Bay when she was 10.

"Nowadays pop culture is everywhere. The idea of indigenous pop art as a theme is taking traditional ideas and traditional techniques and working them in with pop culture," she said.

> **I hope this broadens people's ideas.**
> Jocelyn Piirainen

Piirainen's exhibition will likely surprise anyone who thinks pop art is limited to Andy Warhol and anyone who thinks indigenous art stops and ends with totem poles and inuksuit.

One of the works included in Neon NDN that she's excited about sharing is a drum that's been combined with colourful plastic figurines on the rim — symbols of the stories of the Wild West.

"It makes you think of how we view cowboy and Indian stereotypes. But while it gets you thinking about those images, it's also a lot of fun. It has colour. That's one thing I tried to do with this show, making it colourful. It's fun," she said.

"Some of the works don't have a lot of politics involved; some do. It's really about a stylized look and feel and combining it with what's going on currently."

Piirainen has been working on the exhibition since February. The final project comes together at the launch party this weekend at 7:30 p.m. on Aug. 13 at SAW Gallery, located at 67 Nicolas St.

Curator Jocelyn Piirainen, 28, poses with one of her works.
HALEY RITCHIE/METRO

While the show continues to run until September, Piirainen herself will be leaving it behind at the end of the month to travel north to the Nunavut Art Festival and make more connections as a young curator. It'll be her first time returning to her hometown since she moved south.

Ontario bowed to food industry: Critics

LEGISLATION

Calories counts listed on new labels, sodium excluded

Critics say the Ontario government bowed to pressure from the fast-food industry when it passed legislation mandating calorie counts on restaurant menus, but not sodium levels.

And they say the Ministry of Health hired FleishmanHillard, a known lobbyist for the fast-food industry, to lead its public consultations on menu labelling and to prepare a report on the issue.

"They have a clear conflict of interest there because they're working for companies that are creating a lot of the problem," said Bill Jeffery, executive director of the non-profit Centre for Health Science and Law.

NDP health critic France Gelinas introduced at least six private member's bills on menu labelling since 2008, and said she can't believe the government hired FleishmanHillard — a company she branded "the enemy" — to do its consultations.

"They were the ones hired by PepsiCo and Doritos and Skittles ... to push back against it," said Gelinas. "The Ministry of Health knew who they were hiring, and it stinks. It's terrible."

FleishmanHillard refused to comment, other than to say it did not represent Pepsi in Ontario at the time of the consultations. The firm did not respond to questions asking if it represented the soft drink giant at other times or in other regions.

The Ministry of Health and Long-Term Care issued a statement defending its decision to award FleishmanHillard firm the $80,000 contract.

"As a vendor of record with the Ontario government, FleishmanHillard underwent a rigorous selection process and was required to sign a conflict-of-interest statement," it read.

The Centre for Health Science and the Law said it was strange to see FleishmanHillard running the government's 2013 consultations on menu labelling because many of its big corporate clients oppose the idea.

Starting in January, restaurants with 20 or more locations in Ontario must post calorie counts on menus, but not sodium levels. The legislation allows for the addition of sodium content levels down the road, but there were no commitments by the government to take that step.

THE CANADIAN PRESS

POLICE

Board chair denies hire linked to death

Joe Lofaro
Metro | Ottawa

Ottawa Police Services Board chairman Eli El-Chantiry says the force did not recruit a Somali-Canadian applicant in response to the violent arrest and death of another Somali-Canadian man.

Police Chief Charles Bordeleau's conditional letter of employment to the candidate has come under scrutiny after one of his own civilian members alleged the offer of employment was done to appease Ottawa's Somali community after 37-year-old Abdirahman Abdi died in police custody.

Postmedia reported this week background investigator Christina Benson resigned over the matter and accused the police service of hiring the man for "political reasons."

> **The chief has stated that no standards were lowered and in his assessment the candidates met the qualifications.**
> Eli El-Chantiry

In media interviews, Bordeleau vehemently denied the allegations. He said staff had previously arranged on May 24 to review the candidate and others on July 26 — the day after Abdi's death.

"The suggestions that I hired this officer as a result of the events of the two days prior are simply false," the chief told 580 CFRA Tuesday.

He also told 1310 News that a "glitch" in the system was responsible for a rejection letter being mistakenly sent to the candidate.

El-Chantiry said in an email statement Wednesday that this officer and one other candidate had "items" in their background checks that needed further review.

Demonstrators chant in front of the Ottawa police station on Elgin Street on July 30, 2016. JOE LOFARO/METRO

IN BRIEF

Sidewalks, street trees top priority for Elgin

Results from Elgin Street's makeover consultation have been released and — surprise! — residents and some businesses don't quite see eye-to-eye.

Of the 170 people who participated in the June 28 design workshop, most said wider sidewalks, more street trees and reduced clutter in pedestrian areas were top priority. They also wanted hydro lines buried and better cycling infrastructure on Elgin and Hawthorne Road.

But some businesses along the busy corridor said they don't want the four-lane road reduced for vehicle traffic, and want to see on-street parking maintained.

Staff will consider all comments as they create a preliminary road design, to be revealed at an open house this fall.

EMMA JACKSON/METRO

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From comic clerk to drawing the Dark Knight

Batman with a Metro News logo, drawn by Riley Rossmo.

Aaron Chatha
Metro | Calgary

Riley Rossmo chases the dissatisfaction in his work.

The Calgary artist went from working behind the counter at Another Dimension Comics almost a decade ago to drawing his first two issues of Batman, out this fall.

It's a dream for anyone caught doodling behind the counter, but Rossmo is far from satisfied.

Let's pull back the pages a bit to the first day Rossmo seemingly hit the big time: a publisher had agreed to put out his first book, and they sent a box of the comics to him.

"I took one out, I touched it — and all I could see was mistakes," he recalled.

Now he wakes up and draws Batman. And every time he's satisfied with a layout, he wants to work harder on his marks — or if the marks are up to par, it's his brush stroke.

And if a page actually looks perfect at the end of the day? He's already moving on to the great ideas he has for tomorrow.

> **All I could see was mistakes.**
> Riley Rossmo

It's this special commitment that lead the artist from Proof, Cowboy Ninja Viking and DC's own Hellblazer to champion the look and feel of the Dark Knight.

Darron Bunt, Gaïa Willis, Beans Ludlow and Angelina Van Ryswyk are competitive powerlifters. KEVIN TUONG/METRO

Might over make-up

EDMONTON

Weightlifters aim to change social media's focus on looks

Alex Boyd
Metro | Edmonton

"This is the unsexiest sport."

As sports go, power lifting isn't the most attractive, said competitive lifter Beans Ludlow.

"We literally dress in a potato sack and, like, have our gut pressed against our belt with a tomato puffer fish face," she said.

Which is why Ludlow and group of female lifters in Edmonton are increasingly bewildered — not to mention frustrated — by what they say is social media's growing fixation with the looks of women who lift big weight.

> **I don't care what you look like. I just want to see you lift.**
> Darron Bunt

So Ludlow, along with her training partners Angelina Van Ryswyk, Gaïa Willis and Darron Bunt, have created an online community that celebrates the sport they love, the way they see it.

Since launching in May, This is Female Powerlifting has gained almost 3,000 followers on Instagram, and their new website launches soon.

Collectively, the group has competed provincially, nationally and internationally, and all say they fell in love with the sport because it celebrates strength — something they've tried to reflect in the new project.

"It's the successes, it's the failures, it's celebrating everything about the sport and things women are doing," Bunt said.

Bunt points out that the Olympics have made it clear that female athletes are still judged differently than their male peers — with recent stories highlighting females Olympians looks, husbands or clothing.

"I think we're getting better at having it be acceptable for women to be strong, but where we're still tripping is on the physical aesthetic," Van Ryswyk added. "Not only do you have to be strong and fit, but you need abs, shoulder caps and to look nice in a bikini."

IN BRIEF

Pokémon Go faces lawsuit

An Alberta woman has filed a class-action lawsuit in Calgary against Niantic, creators of Pokémon Go, after the popular app designated her home a gym.

For Barbra-Lyn Schaeffer, players have been trespassing onto her property since the game launched last month.

AARON CHATHA/METRO IN CALGARY

RCMP says it thwarted possible terrorist threat

A police operation continued well into the evening in the southern Ontario town of Strathroy after the RCMP said it had halted a possible terrorist threat.

The Mounties say a suspect was identified Wednesday and the "proper course of action has been taken" to ensure there is no danger. THE CANADIAN PRESS

Man scales Trump Tower with suction cups

A man scales the all-glass face of the 58-storey Trump Tower in New York, Wednesday. THE ASSOCIATED PRESS

NEW YORK

Climber played cat-and-mouse game with NYC police officers

A man spent more than 2 1/2 hours scaling the glass facade of Trump Tower on Wednesday using large suction cups, climbing as high as the 21st floor before police officers grabbed him and hauled him to safety through an open window.

The climber had a backpack and used a harness and rope stirrups to fasten himself to the side of the 58-storey Manhattan skyscraper.

Police officers smashed windows and broke through a ventilation duct in an attempt to block his progress. Officers also lowered themselves toward him using a window washer's platform.

For a long time, the climber played a slow-motion cat-and-mouse game with his would-be rescuers, keeping his distance by methodically working his way back and forth across the facade and angled corners of the building.

Police had deployed large, inflated crash pads at the scene.

The tower is headquarters to Donald Trump's Republican presidential campaign and his business empire. Trump also lives there, though he was in Virginia in the afternoon and was headed to Florida for an evening event.

"This man performed a ridiculous and dangerous stunt," Michael Cohen, an executive at the Trump Organization, said in an emailed statement. "I'm 100 per cent certain the NYPD had better things to do."

Terraces and other parts of the building are open to the public during the day. A Trump campaign spokeswoman didn't respond to a request for comment. THE ASSOCIATED PRESS

CYPRUS

Rare mosaic of chariot race found

A mosaic floor dating to the 4th century and depicting scenes from a chariot race in the hippodrome has been uncovered, the only one of its kind in Cyprus and one of only a handful in the world, a Cypriot archaeologist said Wednesday.

Cyprus Antiquities Department archaeologist Fryni Hadjichristofi told the Associated Press that out of the many hundreds of ancient mosaic floors discovered around the world, only around seven depict similar chariot races at the hippodrome. What distinguishes this mosaic is its ornate detail and the fact that it depicts complete scenes from race in which four chariots, each with a team of four horses, are competing. This may be representative of different factions in competition with each other in ancient Rome.

"The hippodrome was very important in ancient Roman times, it was the place where the emperor appeared to his people and projected his power," said Hadjichristofi.

The mosaic is 11 metres long and four meters wide but hasn't been fully uncovered yet. It's possibly part of a villa that may have belonged to a wealthy individual or nobleman when Cyprus was under Roman rule. The mosaic, about 30 kilometres west of the capital Nicosia, also sheds new light on the ancient past of the island's interior, about which little is known.

THE ASSOCIATED PRESS

A rare mosaic floor dating to the 4th century depicting scenes from a chariot race in the hippodrome, in Akaki village, Cyprus, on Wednesday. THE ASSOCIATED PRESS

IN BRIEF

Car hits protester in Ferguson, shots ring out

Gunshots rang out but apparently hit no one after a car struck a protester during a peaceful demonstration in Ferguson, Missouri, on the second anniversary of Michael Brown's death. Witnesses said that a car drove into a group of protesters who were blocking a street during the demonstration Tuesday night. THE ASSOCIATED PRESS

Daily ceasefires in Aleppo

The Russian military said that fighting in Aleppo will cease for three hours daily to allow humanitarian aid deliveries, but it was unclear whether rebels had agreed. The Russian military said the ceasefires will occur from 10 a.m. to 1 p.m. local time starting Thursday. A UN official said a break in fighting for at least 48 hours was needed to get aid into the city. THE ASSOCIATED PRESS

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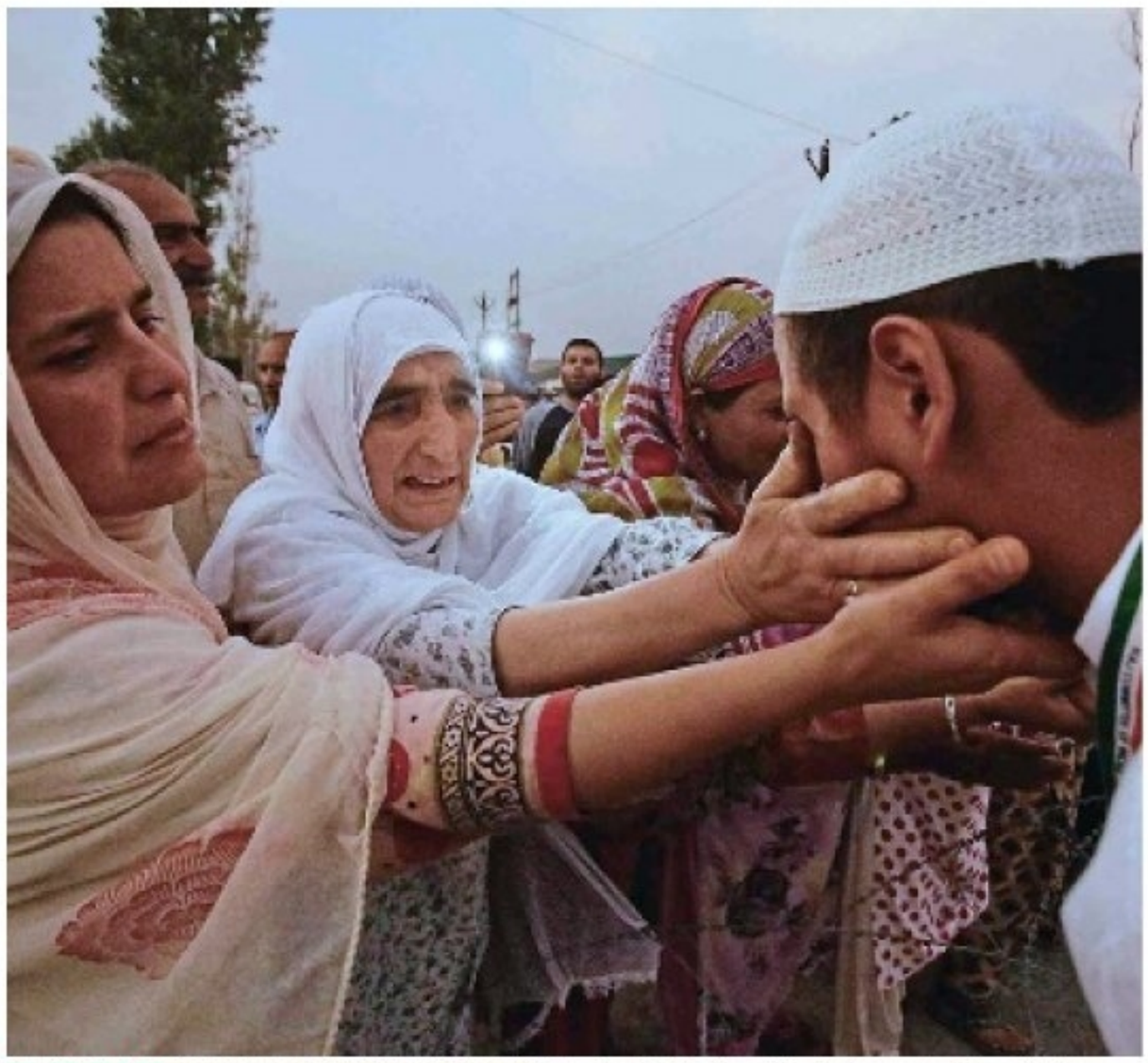

PILGRIMAGE THE HAJJ BEGINS IN KASHMIR A Kashmiri Muslim pilgrim is greeted by relatives and neighbors as he leaves for the annual hajj pilgrimage to the holy city of Mecca, in Srinagar, Indian-controlled Kashmir, Wednesday. The hajj pilgrimage, which is among the five pillars of Islam, attracts around 3 million Muslims worldwide each year. THE ASSOCIATED PRESS

Fire rips through maternity ward

BAGHDAD, IRAQ

12 newborn babies killed in huge blaze

A fire ripped through a maternity ward at a Baghdad hospital overnight, killing 12 newborn babies, government officials said Wednesday, a deadly blaze that was likely caused by faulty electrical wiring.

By morning, grief-stricken fathers searched for their missing newborns in vain while angry relatives gathered outside the Yarmouk hospital in western Baghdad blamed the government for the tragedy. Some of the babies who perished were prematurely born, a doctor at the hospital said.

The hospital director, Saad Hatem Ahmed, said the blaze broke out late on Tuesday night and that the initial investigation indicated it was an electrical fire. Ahmed said 29 female patients and eight babies were moved from the ward where the fire broke out and transferred to another hospital.

Baghdad authorities initially sealed off the hospital but later allowed some media into the site.

At the maternity ward, forensic teams in masks and protective gloves were seen searching through the rubble and charred pieces of furniture. A yellow tape stretched across the ward entrance, preventing reporters from getting closer.

Outside, crying relatives claimed some of the babies were still missing and demanded an answer from authorities.

One father, 30-year-old Hussein Omar, a construction worker, said he lost twins in the blaze, a baby boy and a girl born last week. The hospital told him to go look for them at another Baghdad hospital where some of the patients were moved to during the fire.

He said he looked and couldn't find them anywhere so he came back to Yarmouk. The hospital staff then told him to go look at the morgue.

"I only found charred pieces of flesh," Omar said, crying.

Nearby, Shaima Hassan stood dazed and trembling in shock after losing her two-day-old son. The 36-year old had spent more than a year visiting hospitals in and outside Iraq trying to conceive.

"I waited for ages to have this baby and when I finally had him, it took only a second to lose him," she said.

THE ASSOCIATED PRESS

Burnt incubators stand outside Yarmouk hospital.
AFP/GETTY IMAGES

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A storm-damaged barley field near Cremona, Alta., on Tuesday tells the tale of two summers — too much rain in the west and drought in the east. THE CANADIAN PRESS

Concerns raised over state of crops

HARVEST

Farmers deal with drought in east, rain on the prairies

It's a tale of two summers this year in Canada, with rain — and the lack of it — causing concerns about the state of the country's crops.

In Ontario, officials are forecasting a strong fruit harvest but add that unusually dry conditions could mean some crops will have smaller yields and costs will be higher for many farmers.

"This year is definitely one of the driest, if not the driest, we have on record for April through July," said Environment Canada meteorologist Peter Kimbell.

Nonetheless, Ontario's Ministry of Agriculture, Food and Rural Affairs says the fruit harvest could be double last year's — when spring frost hurt apple crops, in particular.

That's despite the fact that vegetables like broccoli, corn and soybeans are struggling in the low-moisture, high-heat conditions the province is facing this summer.

Charles Stevens, an apple and berry grower and chairman of the Ontario Apple Growers, said the lack of moisture has forced many farmers to "hand thin" — picking fruit before it ripens to ensure that the fruit that remains can grow to maturity, which reduces the size of the harvest and drives up costs.

The story is the reverse in the prairies, where relentless rainstorms in Alberta and Saskatchewan have meant increased risk of rot and disease in what could otherwise be a bumper year.

Daphne Cruise, a Saskatchewan crop specialist, said lentils and other pulses, which farmers planted in big numbers because of the increased price and their recent popularity among consumers, are most vulnerable to the moisture.

The big rainstorms across the prairies have also brought lots of hail, sometimes the size of tennis balls, something Cruise notes has further damaged crops.

THE CANADIAN PRESS

DROUGHT

Weather stations in Vineland and Welland, Ont., measured just 34 per cent and 43 per cent the average amount of precipitation, respectively, putting much of southern Ontario in a severe drought situation.

IN BRIEF

Delta struggles through third day of problems

Delta fliers faced delays, cancellations and more headaches Wednesday as the Atlanta-based airline struggled with its computer systems for the third straight day. Nearly 300 flights were cancelled by the afternoon. Delta Air Lines said in a statement during the morning that it planned to resume "normal operations" by Wednesday afternoon but by 2 p.m. had yet to do so.

THE ASSOCIATED PRESS

RETAIL

Giant Tiger looking at expanded role

For 55 years, Giant Tiger's smiling feline mascot has beckoned shoppers, mostly in small towns and cities, and those making a pit stop on the way to the cottage.

But after years of operating under the radar amid intense competition against rivals like Walmart and the now defunct Target Canada, the company is setting its sights on becoming a household name.

The Ottawa-based retailer currently operates 220 stores and has a goal of opening 10 to 15 new stores every year for the next three to five years.

The Giant Tiger. CONTRIBUTED

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, August 11, 2016

CHANTAL HÉBERT ON A PATRONAGE PROBLEM

Perhaps for fear of undermining the credibility of the panel tasked with vetting the Energy East pipeline, the Liberal government has not asked Harper's pre-election appointees to recuse themselves.

In the dying days of his government, Stephen Harper went to considerable lengths to ensure that the National Energy Board panel tasked with vetting the controversial Energy East pipeline be made up of commissioners hand-picked by the Conservatives — regardless of the election outcome.

In the months prior to the election call, Harper re-appointed to various boards and agencies dozens of people whose terms were not due to expire until after the federal election.

In the case of the NEB, Harper handed Justin Trudeau a full roster. The Liberals will not have a vacancy to fill among the temporary members of the board until 2018 — by which time it will have reported on all major pipeline projects currently in the works. The next permanent vacancy will not come up until after the next federal election.

Two of the three members of the Energy East panel that, as of this week, has been conducting hearings into TransCanada's plan to link Alberta's oilfields to the Atlantic Coast were among Harper's appointments.

In the normal scheme of events, Jacques Gauthier and Lyne Mercier would have been up for replacement in December 2015 — almost a full month after the swearing-in of Trudeau's government.

Trudeau has reiterated his government's determination to restore public confidence in the pipeline process.

Instead, both had their terms preventively renewed over the final weeks and months of the last Conservative Parliament.

It is a rare person who gets appointed to a public task by a prime minister not once or twice but three times over less than a decade.

Gauthier is such a rarity.

Remember the 2010 Vancouver Olympic winter games and the viral controversy that erupted in the face of a distinct deficit of French at the opening ceremony? Gauthier happened to head the advisory council responsible for insuring that the games reflected Canada's linguistic duality.

Notwithstanding that public relations fiasco, he also served on the Prime Minister's Advisory Committee on the Public Service prior to being appointed and reappointed to the NEB.

After iPolitics uncovered Harper's deathbed patronage spree, the incoming Liberal government did write to 33 Conservative appointees to ask them to voluntarily relinquish their functions.

But perhaps for fear of undermining the credibility of the Energy East panel even before it had begun its public hearings, or to deflect accusations that it was interfering with an independent tribunal, it did not — at least in writing — put Gauthier and Mercier on notice.

By the time Trudeau took office, the two had already stretched the notion of the arm's-length relationship that is expected to preside over the dealings between an NEB panel and the proponents and opponents of a given project.

In the months prior to their reappointments by Harper in early 2015, the two participated in a series of private meetings with various Quebec constituencies — mostly but not exclusively from the pro-pipeline corporate sector.

One of those they met was former Quebec premier Jean Charest. He was then a consultant for TransCanada.

When National Observer broke the story last month, the NEB insisted Energy East was not on the agenda. But last week, the agency retracted itself. Notes from the meetings show the pipeline was indeed up for discussion, as were various strategies to advance the file. Gauthier, who initiated the meeting with Charest, specifically wrote in an email obtained by National Observer that he wanted to talk about the TransCanada project.

On Tuesday Environment Minister Catherine McKenna declined to comment on the panel's behind-closed-doors dealings with parties that have a direct or indirect interest in the outcome of its review of Energy East, or their potential impact on the NEB's credibility as an independent agency. But ignoring the elephant in the room will not make it go away.

Since he has become prime minister, Trudeau has reiterated his government's determination to restore public confidence in the pipeline approval process. With NEB reform out of their reach for the foreseeable future, the Liberals have committed to hold separate additional consultations focused on the environment and the rights of indigenous people prior to the cabinet coming to a final decision.

But the NEB, whose official task it is to determine if a pipeline is in the national interest and recommend accordingly a way forward to the government, remains a cornerstone of the process and it is hard to build on sand.

HOLDOVERS The National Energy Board's Energy East Panel: Roland George, Lyne Mercier and Jacques Gauthier. Mercier and Gauthier were appointed by Stephen Harper. CONTRIBUTED

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Forget the hijab and just watch the women play

Deena Douara
For Metro

The image is a Rorschach test. You know, that tool psychologists use to determine you feel abandoned by your father.

Objectively, the photo shows two young female athletes leaping for the same volleyball after working very hard to earn a spot at the Rio Games. One of them is wearing a bikini, the other full sleeves, tight pants and hijab.

Beyond those 38 words, the next 962 are yours to fill in. Does the image represent a clash of civilizations or backwardness of religion? Or does it show unity at the Olympics? The beauty of diversity, and the power of sport?

It's no surprise, perhaps, that what should be a conversation around athleticism, skill and competition instead has become a conversation about what Muslim women wear, after changes before the 2012 Olympics gave women more flexibility on what they could wear in beach volleyball. Allowing the hijab was a last-minute "concession" this year, according to the BBC.

Considering their outfits pose no harm to themselves or opponents, there is no value to having the what-Muslim-women-wear conversation. You're worried they're hot or that they're putting themselves at a disadvantage? Stop worrying. They've got this. They didn't qualify because of a quota — they earned their spot. You don't like how it looks? Great, don't buy the outfit. They're oppressed? They've made a choice for themselves, are confident enough to not conform to Olympic expectations, excelled at an uncommon sport, and have put themselves before the eyes of millions of judges. I don't know either of the players, but my guess is that they own their story and their decisions, just like the rest of the veiled Egyptian women whom I know.

Nineteen-year-old Doaa Elghobashy told the Associated Press that she has worn the hijab for 10 years. "It doesn't keep me away from the things I love to do," she explained. She and teammate Nada Meawad (not veiled but similarly attired), are the first beach volleyball team from Egypt at the Olympics.

Apparently, Elghobashy placed a higher priority on personal values and beliefs than on some unknown and unquantifiable potential competitive benefit. People I know have called that stupid. I call it admirable. But I also call it irrelevant.

The Egyptian team faces Canada today. What I'll be watching, if I watch, is two teams that have worked hard, put in long hours, overcome doubt, and made personal sacrifices leap towards a ball above a net. Which is really the only thing that's truly knowable about this image.

Deena Douara is a writer living in Toronto

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Thursday, August 11, 2016

Jose Bautista's collab with Canada Goose goes on sale tonight on Harryrosen.com. The jacket is "somewhat hip but a little bit classy. Sleeker than a puffy."

5 THINGS TO KNOW ABOUT CUPPING

THE ASSOCIATED PRESS

Why do some Olympians look like they just fought off an octopus? Their round, hickey-like marks are from cupping, an alternative therapy that involves putting suction cups on the skin. It's said to treat everything from pain to chickenpox to cancer.

How it works depends on whom you ask: freeing blocked energy; activating natural healing mechanisms; even "drawing out excess fluids and toxins." Here's what you need to know about this trendy (and dubious) procedure.

Cupping is very, very old

Cupping is part of traditional Chinese medicine as well as Middle Eastern healing practices that date back thousands of years. Ancient Greek physician Herodotus was a fan circa 400 BCE, as was the Prophet Muhammad in the sixth century.

There are two main types

"Dry cupping" involves sticking a flame inside of a cup to create a vacuum, then applying it to the body to suck the skin inside. Sometimes a suction pump is used instead. "Wet cupping" combines this with bloodletting by puncturing the skin first.

It has some famous fans

Alternative-health aficionado Gwenyth Paltrow has been cupping since before it was cool. She was photographed in 2004 with the telltale welts on her back. Other devotees include Lena Dunham, Justin Bieber, Jennifer Aniston and Olympic athlete Michael Phelps (shown), who sported cupping marks in the pool earlier this week in Rio.

It can go really wrong

Usually, the only side effect is bruising. Wet cupping, because it requires cutting, has an infection risk. Dry cupping is playing with fire: It involves wielding open flame near bare skin. One case of necrosis (tissue death) and sepsis (blood poisoning) from cupping done repeatedly to the same spot has been reported in Australia.

There's almost no proof it works

Studies of cupping have been small, poorly designed and highly susceptible to bias. There's some indication the practice may help relieve pain, though it's not clear if the benefit is anything other than psychological.

GENNA BUCK/METRO

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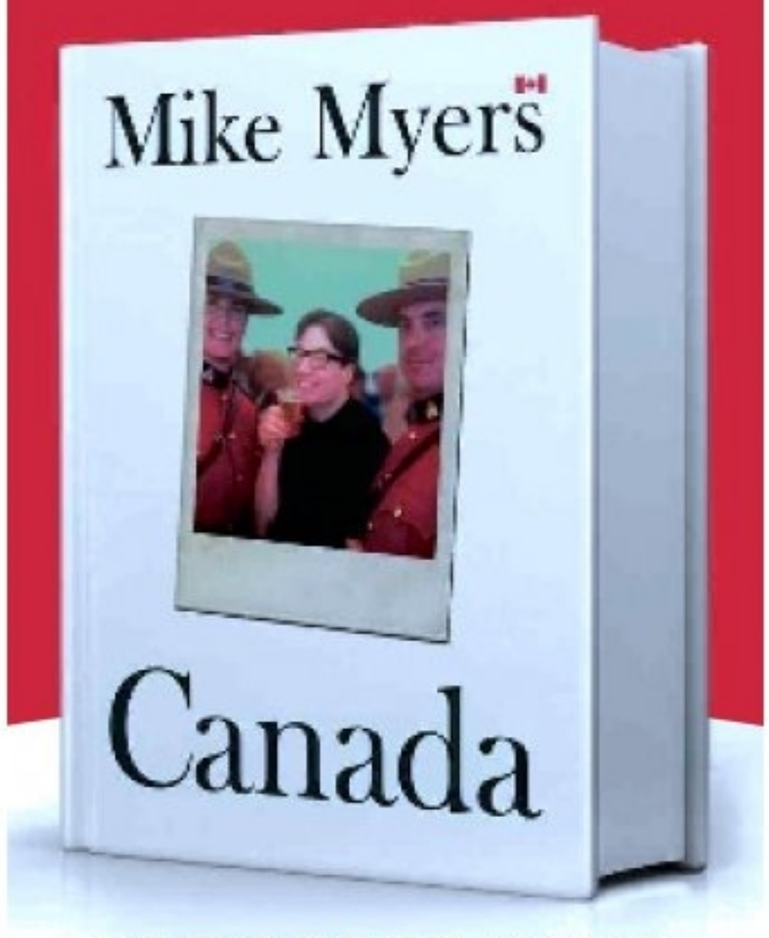

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Renaissance man mixes science with art in novel

JAY HOSKING

Writer's background helped pen tale of time, memory

Sue Carter
For Metro Canada

Jay Hosking knows a lot about rats. He understands their motivations and behaviour, and what makes their tiny brains tick.

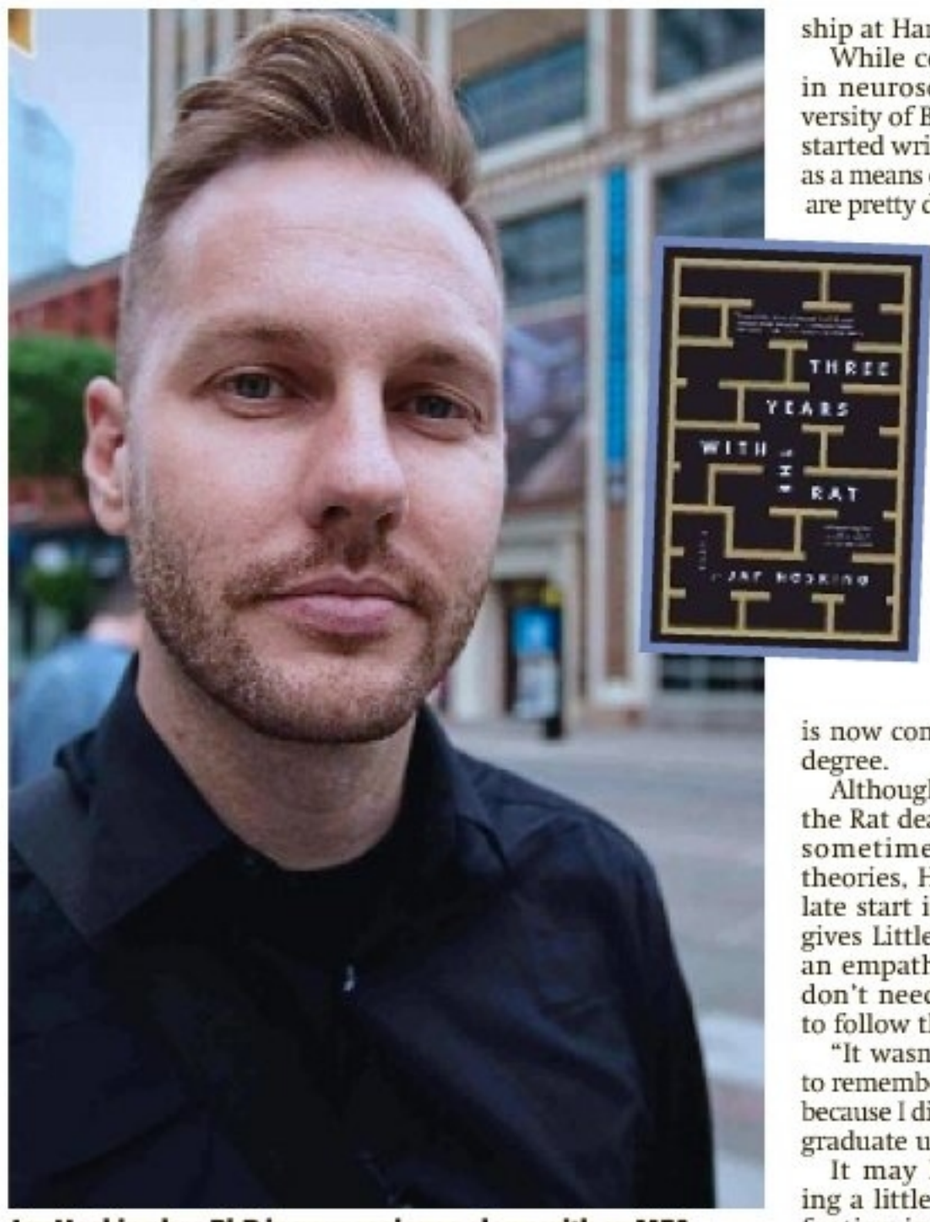
As a neuroscience graduate student at the University of British Columbia, Hosking worked with rodents in a research lab, studying their decision-making skills and teaching them how to gamble. It's not surprising that his debut novel, Three Years with the Rat, wraps together science, psychology, mystery and yes, a rat.

Set in Toronto, Three Years with the Rat follows a young, aimless man only known as "Little Brother" who moves to the city to be closer to his older sister, Grace, a highly intelligent psychophysics graduate student who appears to be losing her grip on reality.

When Grace goes missing, followed by her boyfriend, John, the narrator discovers a large, handmade wooden box in their apartment, along with a lab rat and a note that says "This is the only way back for us."

Their disappearance sets the young man into a spiralling adventure, challenging known theories of time and memory.

While Three Years with the Rat could be easily slotted on the speculative-fiction shelf, the book also deals with relationships, both romantic and familial.



Jay Hosking has PhD in neuroscience along with an MFA creative writing. CONTRIBUTED

Hosking grew up reading classic science fiction, but says he owes more of his writing to the postmodern works of Paul Auster and Haruki Murakami. A self-described arts kid — his grade eight teacher told him, "Whatever you do Jay, don't go into science" — Hosking did his first degree through Fanshawe College's music-production program, working for several years in film and television, before deciding to go back to school for neuroscience at the University of Toronto.

"I was a really late starter in terms of science. I came to that because psychology was something I was really interested in, but I wanted something a little meatier or biologically based," says Hosking, who is now working on his postdoctoral fellowship at Harvard University.

While completing his PhD in neuroscience at the University of British Columbia he started writing fiction, mostly as a means of distraction. "PhDs are pretty demanding," he says. "I thought I might go crazy if I kept my head in the lab all the time." He signed up for a fiction course with author Lee Henderson, jokingly calling himself the class's "resident weirdo." Once he finished his PhD, Hosking enrolled in UBC's creative-writing MFA program, where he is now completing his fourth degree.

Although Three Years with the Rat deals with ambitious, sometimes mind-boggling theories, Hosking's relatively late start in studying science gives Little Brother's journey an empathetic edge; readers don't need a physics degree to follow the story.

"It wasn't that challenging to remember knowing nothing because I didn't start my undergraduate until 25," he says.

It may have taken Hosking a little longer to find his footing in both science and writing, but the timing of his book also couldn't be better, thanks to the popular Netflix show Stranger Things, which has re-ignited an interest in stories about time and other dimensions. "There's an amazing discussion happening philosophically in fiction and art," he says. "It's a deep well to be drawing from."

Sue Carter is the editor at Quill & Quire magazine.

GRAPHIC NOVEL

A charming anthropomorphic animal tale

Wild's End: The Enemy Within
BY: Dan Abnett and I.N.J. Culbard
PUBLISHER: Boom Studios
$19.99, 160 pages

Mike Donachie
Metro | Canada

Unstoppable aliens have invaded the sleepy English countryside, and the army is covering it up.

The population must be told, and a plucky band of eyewitnesses must escape to raise the alarm.

And, by the way, all the "humans" have the heads of animals.

This is Wild's End: The Enemy Within, the frankly weird trade paperback collection that marries War of the Worlds with the Wind in the Willows.

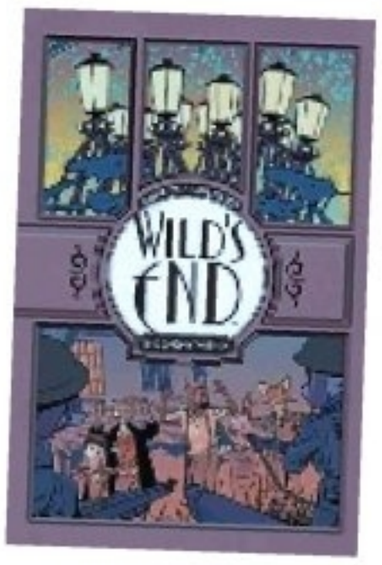
It's the second in a series, but part one, called Wild's End: First Light, is also available.

It's a sinister story, where the fear of the aliens — who live in three-legged machines armed with powerful death rays — is rivalled by fear of the authorities who will stop at nothing to keep the invasion secret.

In charming comic book tradition, all the protagonists are anthropomorphic animals, from traumatized war veteran Clive Slipaway, who's a dog, to anxiety-stricken writer Susan Peardew, who's a dog.

But don't confuse cuteness with tameness.

This is a slow-burn story with no shortage of violent conflict, and a payoff that'll make your hackles rise in fear.



metro HOME
Your essential daily news

'We have no plans to collaborate at this point,' Ikea responds to Kanye's wish to work with them

MEET THE CONDO

Family-oriented in Ottawa South

FINDLAY CREEK

CONTRIBUTED

Project overview

Findlay Creek Village is a large, family-focused community in Ottawa South. Many families are already living in the neighbourhood, while the upcoming new construction homes are ready for occupancy in April 2017. The site offers single-family homes, bungalows and townhomes, situated on large lots in wide-open streets.

Housing amenities

The homes are Energy Star qualified, and offer efficient storage plans, bright, well-insulated basements and kitchens with granite counters and built-in fridges. Other plan-specific features include French doors and ceramic and oak hardwood flooring. The open concept designs and nine-foot ceilings in some models give an attractive, spacious feel to the designs.

Location and transit

Located just off Bank Street south of Leitrim Road, Findlay Creek is close to daily amenities, while still being in a quieter area. Access to downtown is easy, with the nearby Airport Parkway and the Hunt Club exchange on Highway 417, as well as a park and ride and local bus routes.

In the neighbourhood

Ottawa South has an abundance of parks, a conservation area, a boardwalk and paths for residents to enjoy. The neighbourhood appeals to families of all shapes and sizes. It's a quieter community with lots of open spaces, a nearby shopping centre, and will include two elementary schools in the future. ILANA REIMER/FOR METRO

NEED TO KNOW

What: Findlay Creek
Builder: Tartan Homes
Designer: Tartan Homes
Location: Off of Bank Street
Building: Singles, bungalows and townhomes
Size: 1,381 square feet to 3,610 square feet
Pricing: Starting from $337,900
Model: Two to five bedrooms, two to five bathrooms
Status: Now selling
Occupancy: April 2017
Sales centre: 120 Helen Rapp Way
Phone: 613- 247-0078
Website: tartanhomes.com

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metro RIO

Carmelo Anthony tallied 31 points in a 98-88 win over Australia and became the all-time leading scorer in U.S. men's Olympic basketball

RIO in brief

Mother Nature proving to be a formidable foe

Mother Nature was Canada's toughest opponent Wednesday at the Rio Summer Games.

Blustery weather again plagued the rowing regatta, forcing a postponement of the entire day of racing. It marked the second time this week that officials had to call off competition because of high winds and choppy water.

THE CANADIAN PRESS

Canadian women advance to quarters in basketball

With their eyes firmly set on a place on the medal podium, the Canadian women's basketball team took its first step in that direction on Wednesday, clinching a berth in the quarter-finals with a 68-58 victory over Senegal.

At 3-0, it's the first time a Canadian women's team has ever won three games in one Olympics.

TORSTAR NEWS SERVICE

NFLer tries out rugby

Nate Ebner, the safety for the New England Patriots who took a break from training camp to fulfil his Olympic dream in rugby sevens, sprinted from almost halfway to score a try against Fiji capping the scoring in a 24-19 loss for the United States.

Madison Hughes missed the conversion, leaving the margin at five. Less than that and the Americans would have advanced.

THE ASSOCIATED PRESS

DeLaet faces yips head on

Whatever Graham felt he needed to say, it's obviously helped him already. He's gonna be better for it.
Teammate David Hearn

Graham DeLaet, of Weyburn, Sask., goes over some last-minute preparations in Rio de Janeiro, Brazil, Wednesday. CHRIS CARLSON/THE ASSOCIATED PRESS

RIO2016

'Incredible anxiety while chipping' has plagued Canuck

The golf course that will begin playing host to the first Olympic tournament in 112 years on Thursday is a zoological marvel. On a short walk around a few holes this week, you could have seen a Boss Hogg-sized capybara munching on the foliage, a flock of vultures circling overhead, several owls burrowing in the bunkers and a small crocodile sunning itself in a pond.

Unique hazards, indeed. But it's possible none of those beasts are as frightening to a golfer as the variety of wild demons that recently invaded the head space of Canadian Olympian Graham DeLaet.

REPRESENTING CANADA
Brooke Henderson, the No. 2 ranked player in the world, and Alena Sharp will compete in the women's event.

It was about two months ago that DeLaet sent out a Twitter message to explain his withdrawal from the PGA Tour's Memorial tournament, telling the world he was "dealing with incredible anxiety while chipping/pitching right now." Such mental bugaboos are hardly uncommon even among the world's best players. Just this year, four-time major winner Ernie Els six-putted from six feet on the first hole of the Masters. He blamed creatures that also inhabit the environs here in Rio.

"It's hard to putt when you've got snakes in your head," Els said.

Still, DeLaet's public acknowledgement of his problem amounted to a rare moment of honesty and vulnerability in the hush-hush world of pro sports. Ray Whitney, the retired NHL player who will be caddying for DeLaet at these Olympics, said it was an admission to be admired.

"That tweet showed he had a lot of balls," Whitney said. "He could have easily said that he tweaked his back or he had a wrist injury. Instead he stared it in the face and said, 'Hey everybody, I've got a little problem I need to fix.' And he's been working hard to fix it."

This week DeLaet said his issue is "actually getting much better."

Derek Ingram, Canada's men's golf coach, said DeLaet has spoken freely about his short-game shortcomings, acknowledging a flaw in his technique being addressed in practice sessions with his short-game coach, Gabriel Hjertstedt.

"He's also been using some techniques with his breathing to help him relax, so that when that situation arises he'll be able to manage the anxiety," Ingram said. "He wouldn't say he's out of the water yet. But certainly he's got some tools to work with, and he's feeling way more confident than he was." TORSTAR NEWS SERVICE

GREEN WATER

Chemical imbalance blamed for colour

Let's be generous for a moment and say that the colour of the water could have been worse.

A day after the Olympic diving pool turned a swampy shade of green, Wednesday saw the adjacent pool at the Maria Lenk Aquatic Center — the one used for water polo and synchronized swimming — morph from its usual blue to a slightly less shocking shade of the same, uninviting colour. As in, a nauseatingly tinged liquid that wouldn't qualify as the least bit inviting to anyone but the drunkest of beer guzzlers on a St. Patrick's Day bender.

Still, it was probably better than the once perfectly azure waters of the 31st Olympiad suddenly running, say, blood red or sludge black. And hey, it's not like there was a discarded sofa lurking ominously below the pool surface, as there may or may not have been on the kayaking course last week. This was, according to organizers, a minor aesthetic anomaly that posed no threat to the health of the athletes, and at least a few of the Olympians affected by it sounded unconcerned.

My eyes are destroyed now.
Water polo player Valentio Gallo of Italy

"In France, we have some swimming pools of this colour," said Florian Bruzzo, coach of France's water polo squad. "So it's not a problem for us."

Not everyone felt the same way. Multiple water polo players who competed in Wednesday morning's session complained the water was hard on the eyes in more ways than one.

"It's very difficult to play in this water because the chlorine is really, really strong for the eyes," said Mladan Janovic of Montenegro. "You cannot even see."

Organizers acknowledged they'd dropped the ball in monitoring the chemical balance of the pools. Rio spokesman Mario Andrada blamed the colour transformation on "a sudden increase in the alkalinity." TORSTAR NEWS SERVICE

Canada's Meaghan Benfeito, top, and Roseline Filion won a bronze medal Tuesday in the women's synchronized 10-metre platform event diving into green water. THE ASSOCIATED PRESS

metro SPORT

Manny Pacquiao confirmed he will come out of retirement to fight WBO welterweight champion Jessie Vargas on Nov. 5.

Surface tension rising as football taps into future

TECHNOLOGY

Tablets prove to be a bitter pill for old school league coaches

NFL players are currently allowed to use Microsoft Surface tablets but only view still images, not video replays — but that could change from next season. CHRIS GRAYTHEN/GETTY IMAGES

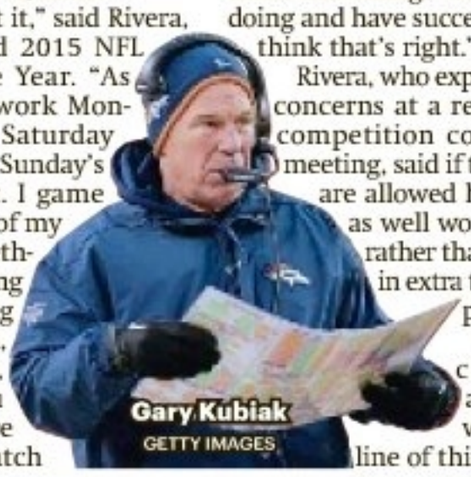
Carolina Panthers coach Ron Rivera believes too much technology may wind up hurting the NFL game. Other coaches are more welcoming to even more hi-tech changes.

For the second straight year, the NFL will experiment in the preseason with allowing coaches and players to use Microsoft Surface tablets on the sidelines to view video replays during the game — instead of just still pictures — and utilize that information to adjust strategy.

The league discussed using the technology in the regular season, but the idea has been tabled until next off-season.

Rivera, for one, hopes it stays on the table — forever.

"I'm against it," said Rivera, the 2013 and 2015 NFL Coach of the Year. "As coaches, we work Monday through Saturday preparing for Sunday's game. I work. I game plan. I put all of my thoughts together. I'm attacking you, I'm beating you. And then, all of a sudden, they give you a tablet where you get to watch the play, rewind the play and see what happens on the play where you can say, 'Oh my gosh, that's what they're doing to us?' Now you can make an adjustment and change what you're doing and have success. I don't think that's right."



Gary Kubiak
GETTY IMAGES

Rivera, who expressed his concerns at a recent NFL competition committee meeting, said if the videos are allowed he "might as well work 9 to 5" rather than putting in extra time game planning.

Not every coach agrees with that line of thinking.

Gary Kubiak, whose Denver Broncos defeated Rivera's Panthers 24-10 in the Super Bowl, calls the videos a "tremendous tool" for coaches and players.

"They're always trying to do things to make the game better and make players better," Kubiak said. "It's like anything else that we do, it's something new, and I think we had a little taste of it. Keep going and see how it works out."

Atlanta coach Dan Quinn is also a proponent of the tablets.

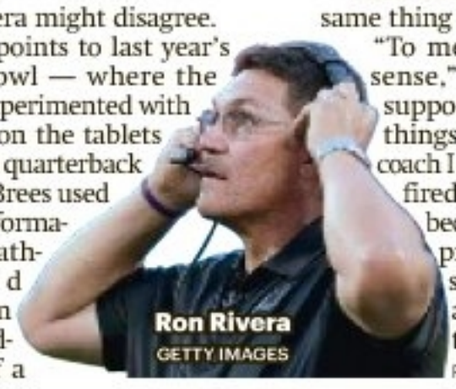
"(The video) gives them a very good look at what happened as opposed to the pictures. I hope we get to it one day," he said.

Redskins coach Jay Gruden doesn't view having videos as a big deal compared to pictures.

"If everybody has it, then it's not an advantage," Gruden said. ". ... It's not like you can put a whole new game plan together based on a video that you saw (in) 20 seconds. So it really has no bearing on how we coach or how we prepare a football game."

Rivera might disagree.

He points to last year's Pro Bowl — where the NFL experimented with video on the tablets — and quarterback Drew Brees used the information gathered from the videos of a previous play to make an adjustment. He told receiver Antonio Brown the next time he called the play to stay in front of the defender rather than go behind him.



Ron Rivera
GETTY IMAGES

Two series later, Brees ran the same play and connected with Brown for a touchdown. "Without the video I wouldn't have been able to see that and communicate it with him," he said.

"I thought to myself, that's exactly why right there," Rivera said. "Hey if you can't get in practice, if your coaches can't see it on the sideline, why should you get a tool to help you? People say, 'Well, you get better football?' Well, do you really get better football?"

Rivera is admittedly old school, having played nine seasons with the Bears as a linebacker. Years later, as a former defensive co-ordinator in Chicago, he'd arrive at the team's facility at 6 a.m., grab a coffee and head to his office. He'd spend the next 18 hours coaching, preparing and game planning until heading home at midnight.

Then he'd get up and do the same thing the next day.

"To me it doesn't make sense," Rivera said. "I'm supposed to know these things. If I'm not a good coach I should get my (butt) fired. I want to get beat because somebody outprepared for me, to somebody who had answers to my questions." THE ASSOCIATED PRESS

MLB

Crawford skewers fish with just one swing this time

Two days after Brandon Crawford battered the Miami Marlins with seven hits, he beat them with one swing.

Crawford homered in the fourth inning and the San Francisco Giants won a series for the first time since the All-Star break, beating Miami 1-0 Wednesday.

Crawford's seven hits in the opener of the three-game set tied an NL record. In the finale he put San Francisco ahead with his 11th homer leading off the fourth inning.

"He had a great series," manager Bruce Bochy said. "We needed a shot in the arm, and he gave it to us."

Crawford, who went 9 for 16 in the series to hike his average to .277, pulled a 3-2 changeup from David Phelps over the fence.

"They had been mixing on me pretty good the past couple of days," Crawford said. "I had to be ready for anything. Fortunately I hit the changeup pretty good."

The Giants finished 4-5 on their trip and improved to 8-16 since the All-Star break. They have a one-game lead over the Los Angeles Dodgers in the NL West. Philadelphia beat the Dodgers 6-2 on Wednesday.

While their frustration eased, on the Marlins' side it peaked in the sixth inning, when hitting coach Barry Bonds was ejected for arguing after pinch hitter Chris Johnson took a called third strike to end a threat.

"He didn't think it was a strike," Johnson said. "And I didn't think it was a strike."

Jeff Samardzija (10-8) pitched 5 2/3 innings to best his former Notre Dame teammate, David Phelps, and four Giants relievers completed a five-hitter to secure victory.
THE ASSOCIATED PRESS

SEVEN UP AS HISTORY MEN MEET

The National League's only living seven-hit men met Wednesday. Rennie Stennett visited Marlins Park so he could congratulate Brandon Crawford, who had seven hits in Monday's 14-inning victory at Miami.

The seven-hit game was the first since Stennett went 7 for 7 for the Pittsburgh Pirates at Wrigley Field in 1975.

"It was cool to meet him," Crawford said.
THE ASSOCIATED PRESS

IN BRIEF

Sanchez to get first crack at Broncos starting job

Mark Sanchez will be the starting quarterback for the Broncos' preseason opener in Chicago on Thursday night.

Coach Gary Kubiak on Wednesday gave Sanchez the start over Trevor Siemian, who is listed as the co-No. 1 quarterback on the team's depth chart. The Broncos plan to have Sanchez play the first quarter and Siemian play the second. Rookie Paxton Lynch is slotted to play the second half.
THE ASSOCIATED PRESS

Jays' Bautista goes back to the DL with knee sprain

The Toronto Blue Jays placed right-fielder Jose Bautista on the 15-day disabled list Wednesday with a left knee sprain.

Outfielder Junior Lake had his contract selected from triple-A Buffalo to take Bautista's spot on Toronto's roster. The 35-year-old Bautista is in the final year of his contract with the Blue Jays. He's hitting .222 this season with 15 home runs and 48 runs batted in over 80 games.

Jose Bautista
GETTY IMAGES

Bautista missed six weeks with an injury to his left big toe this season and served a one-game suspension after a bench-clearing brawl with the Texas Rangers.
THE CANADIAN PRESS

Veteran ESPN presenter Saunders passes away

Canadian-born ESPN sportscaster John Saunders, who has hosted "The Sports Reporters" for the last 15 years, has died, the network announced Wednesday. He was 61.

Saunders joined ESPN in 1986. He did play-by-play on various sports, hosted Stanley Cup Final and World Series coverage and hosted studio shows for baseball, college football and basketball. A cause of death was not announced.
THE ASSOCIATED PRESS

IN BRIEF

Cycling teams protest scheduling increase

The world's best cycling teams are going to boycott the team time trial event at the world championships in Qatar in October as a protest against the sport's global governing body.

The teams have been at odds with the International Cycling Union for months, and the recently released WorldTour calendar was the final blow. The schedule for next year has increased to 37 events on three continents and teams are required to compete in all of them.

THE ASSOCIATED PRESS

Kiwis top Zimbabwe

New Zealand cleaned up Zimbabwe's lower order on the final day of the second test to dismiss the hosts for 132 and seal a 254-run win on Wednesday, clinching the two-match series 2-0.

THE ASSOCIATED PRESS

Argentina coach travels to plead with Messi in Spain

Argentina coach Edgardo Bauza has travelled to Spain in an effort to convince Lionel Messi to stay on the national team.

Messi, a record five-time world player of the year, said in June that "the national team is over for me" following Argentina's loss in the Copa America final.

THE ASSOCIATED PRESS

Wales' Williams leaving Swansea for Everton

Everton has moved quickly to replace centre back John Stones by signing Wales captain Ashley Williams from Swansea.

Everton announced the arrival of Williams on Wednesday, with the 31-year-old defender signing a three-year deal to end his eight-year spell at Swansea.

THE ASSOCIATED PRESS

New Chelsea manager Antonio Conte, left, and second-year Liverpool boss Jurgen Klopp bring excitement to English technical areas. JAE C. HONG/THE ASSOCIATED PRESS

Sideline superstars

PREMIER LEAGUE

Pounds bring top managers to English clubs

Awash with more cash and global appeal than ever before, the English Premier League is still struggling to lure or retain the elite players in world football like Lionel Messi, Cristiano Ronaldo and Luis Suarez.

For the moment, the Galacticos are the managers.

The era of the super-coach has arrived in England's top division. Pep Guardiola, Jose Mourinho, Arsene Wenger, Antonio Conte and Jurgen Klopp make up possibly the most outstanding group of managers seen in this country at one time.

It means some huge reputations are going to take a battering during a highly anticipated campaign with no obvious title favourite and with predictions warped by Leicester's improbable surge to the championship last season.

"It's a world championship of managers," said Wenger, the 66-year-old Arsenal manager.

For drama, it may pay to check out the coaches' technical area as much as the field of play. No more so than when Mourinho and Guardiola renew their rivalry as the new managers of Manchester United and Manchester City, respectively.

The Manchester clubs have hogged the limelight this off-season due to the coaching arrivals and their spending in the transfer market that reached $400 million.

Of course, the bookies can get it wrong. Take last season, for example.

Leicester started out as a 5,000-1 shot to win the league delivering one of the biggest underdog triumphs in any sport ever. Chelsea started out as defending champion and favourite, and limped home in 10th in the worst Premier League title defence ever seen.

This time round, City, United, Chelsea, Arsenal, Liverpool and Tottenham (in that order) are expected to be the main contenders. Leicester is still only the seventh favourite.

A record injection of TV money, split evenly between the 20 top-flight teams, is levelling out the Premier League. This is the first season of a new three-year broadcasting deal for domestic and international rights worth a record 8.3 billion pounds ($10.8 billion US) — 71 per cent above the previous deal — and clubs have used that windfall to spend around $1 billion.

The likes of West Ham, Swansea, Bournemouth and Crystal Palace have broken their transfer records over the last two months and the so-called lesser teams have no compulsion to sell their top players, given the cash they are raking in. There are unlikely to be many easy victories gained this season.

It might be time to redefine the parameters of the word "success" in England. Wenger has been criticized by some footballing romantics for saying that qualifying for the Champions League is tantamount to winning a trophy, but few will argue this season. Two or three big teams could easily finish outside the top four. THE ASSOCIATED PRESS

WEEK 1 MATCHES

SATURDAY
Leicester at Hull City
Swansea at Burnley
West Brom at Crystal Palace
Tottenham at Everton
Stoke at Middlesbrough
Watford at Southampton
Sunderland at Man City

SUNDAY
Man United at Bournemouth
Liverpool at Arsenal

MONDAY
West Ham at Chelsea

RECIPE Nicoise Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We took our favorite salad and married it with our kids' carb of choice.

Ready in 25 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add the tuna and break it up a bit, not too much.

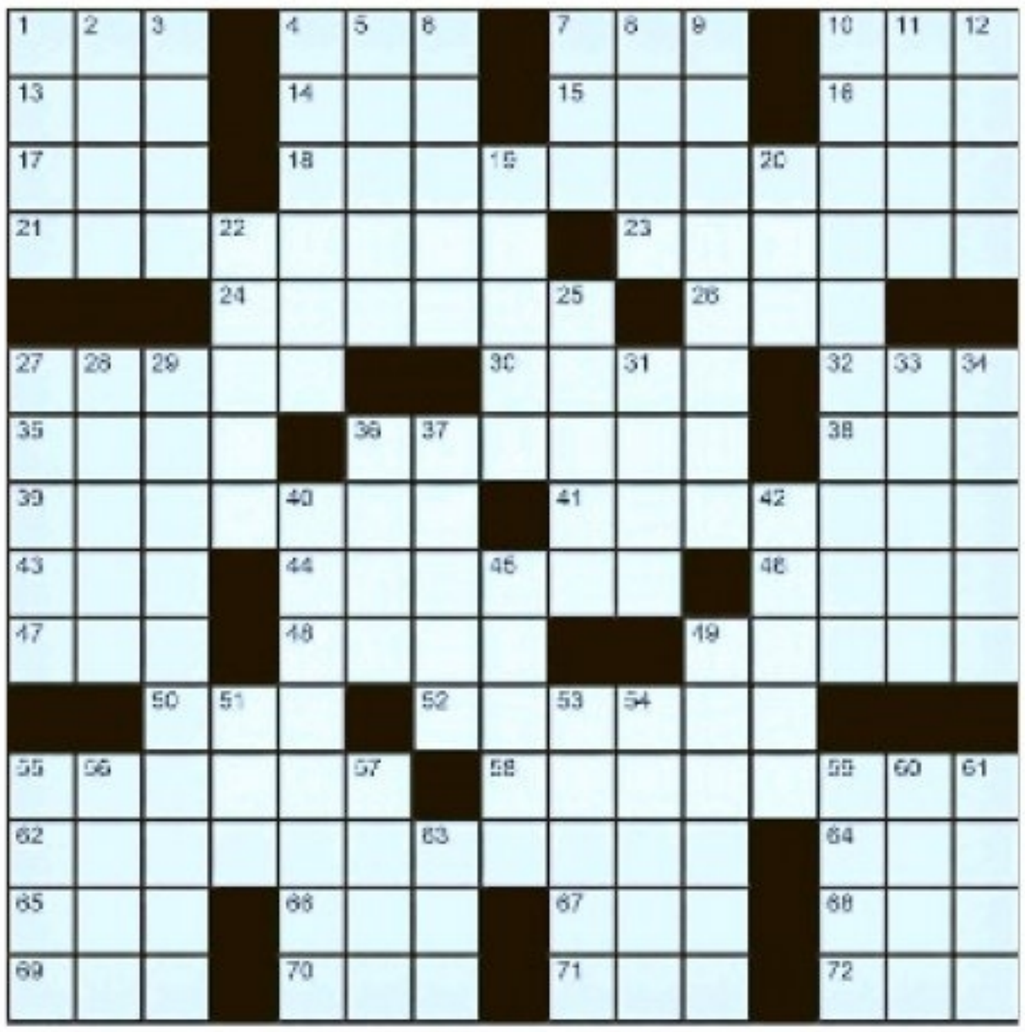
3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Get gold
4. Computer co.
7. House-coolers, briefly
10. "Awesome!"
13. 'Fluor' suffix
14. U.S. firearms org.
15. Plant
16. 'Depart' suffix
17. Modern: German
18. RIO 2016: Water event, Women's __ __ (K1) Slalom
21. RIO 2016: Speed it up!: 2 wds.
23. Hanson song
24. Montreal 'lemon'
26. Might
27. Fasten, in a way: 2 wds.
30. Quasi
32. Beatles adjective
35. Alphabetic sequence
36. Northwest Territories/Nunavut river
38. __ Red apples
39. RIO 2016: Canada, for one
41. RIO 2016: Greats of any Olympics
43. 17th letter's spelling
44. Articulates again
46. RIO 2016: MLI is its IOC code
47. Jr.s' dads
48. Get from ___ (Advance slightly)
49. Shenanigans
50. "That's waaay over-sharing!"
52. Plays, untrained puppy style: 2 wds.
55. RIO 2016: San __ (SMR is its IOC code)
58. RIO 2016: Artsy maneuvers discipline in #29-Down
62. RIO 2016: Reward for ancient Olympians: 2 wds.
64. Tea type
65. Music honour, e.g.
66. Irish actor Stephen
67. Actor, Daniel __ Kim
68. Him opposite
69. Hosiery hue
70. Compass dir.
71. Wee question follower
72. Hankering

DOWN
1. RIO 2016: Victory goddess Nike's one-of-two
2. 'Thought'-meaning prefix
3. Quebec 'nine'
4. Does cartooning work: 2 wds.
5. Hollywood's Benjamin
6. Singer/guitarist John
7. Get permission
8. 'Micro' ender
9. RIO 2016: Olympic sport
10. RIO 2016: 'Sevens' team sport event scheduled for the Men today, August 11th: 2 wds.
11. Mr. Guthrie
12. Meaningful
19. Came about
20. Q. "Is '__' _ way to abbreviate Santa Fe's state?" A. "Yes."
22. Squash variety
25. Ms. Furtado
27. Tick __ (Clock noises)
28. Q. "Shall __ you a glass?" ...asked the sommelier
29. RIO 2016: Olympic sport which is a 'mane' event
31. Classic comedian Mr. Howard's
33. Befuddle
34. Foundation
36. Old shipping weight allowance
37. Green tea variety
40. RIO 2016: Athlete aiders
42. Gives off
45. RIO 2016: Respect the rules
49. Does dishes
51. 1004 in ancient Rome
53. Milan-based fashion house
54. ___ example
55. Castle's surrounder
56. __ mater
57. Is beholden
59. RIO 2016: Like a sore-muscles athlete
60. Clarified butter
61. Garner
63. "Norma __" (1979)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Steer clear of propagandist discussions regarding religion, politics and racial issues. This is a poor day for important ideas; someone might trick you or even deceive you.

Taurus April 21 - May 21
Postpone important decisions about inheritances, shared property, wills, taxes and debt. Today is a poor day to discuss these matters or to act on them.

Gemini May 22 - June 21
Discussions with others might depress or confuse you. This is not your fault. This is par for the course today. Just coast and agree to nothing important.

Cancer June 22 - July 23
Don't let someone in authority shoot you down today or discourage you. You don't have all the facts; in fact, you might be seriously misled! Use caution.

Leo July 24 - Aug. 23
For some reason, children might be an increased responsibility today. In addition, romance is depressing and confusing. Just for today. Oy!

Virgo Aug. 24 - Sept. 23
Domestic discussions might discourage you because an older family member is critical. This is a temporary setback. Don't let it get you down.

Libra Sept. 24 - Oct. 23
Do not give in to negative thinking today. In part, you are confused about something. Someone might have misrepresented the truth to you.

Scorpio Oct. 24 - Nov. 22
This is a poor day for important financial decisions because you could make a mistake. You don't have the confidence and the right frame of mind to do your best. Forewarned is forearmed.

Sagittarius Nov. 23 - Dec. 21
Conversations with others are difficult today, because they are confusing, discouraging or both! Knowing this ahead of time, take a step backward. Just coast.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might discourage you. You might be deceived as well! Trust no one today.

Aquarius Jan. 21 - Feb. 19
Someone older might rain on your parade today. Reserve judgment about anything important until tomorrow, because you are not in the right frame of mind today.

Pisces
Feb. 20 - March 20
Don't ask for permission or approval from bosses, parents and VIPs today because these conversations will not go well. If you want anything, the response will likely be, "Talk to the hand."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3	8							6
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9							3	2
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6	5		1				4	
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Difficulty Level ★★★★★

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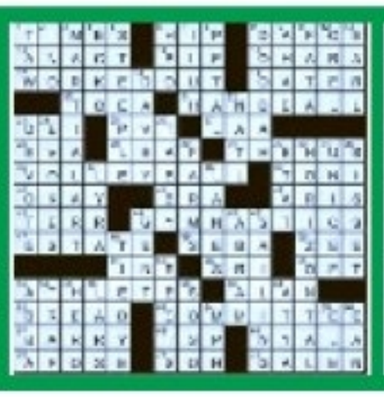
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	7	6	4	5	1	8	9	3
5	9	1	3	8	7	2	6	4
3	4	8	6	9	2	5	7	1
6	3	5	2	4	9	1	8	7
9	8	7	1	3	5	4	2	6
4	1	2	7	6	8	3	5	9
8	6	9	5	1	4	7	3	2
1	2	3	8	7	6	9	4	5
7	5	4	9	2	3	6	1	8

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